

Shirakawa Community Center

Iola Williams Senior Program
2072 Lucretia Ave., San José 95122

Phone: 408-277-3317

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Supervisor: Carolyn Johnson

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Bus Lines: 72 and 26

Types of Programs: Fee class, rental, senior programs, senior nutrition, special events, youth center, and youth sports leagues.

ARTS & CRAFTS

Art & Crafts Fun \$42

Children will have fun learning how to draw, paint, and create art sculptures and collages. Main focus will be on self-expression, how to use different art materials, and use of their imagination. Children will learn how to mix colors, increase their understanding of brush control, and develop sketching techniques.

Instructor: Daniel

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|------------|------|------|------|
| 250.3.101 | Sa | 1/31-3/13 | 10-11:30am | 6-12 | 6 | SH |

Drawing \$42

This class will get you inspired using pencil and ink. Learn perspective, line drawing and portrait drawing. Students must provide 14x11 sketch book and graphic pencils for the class.

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 250.3.102 | T | 1/27-3/16 | 4:30-5:30pm | 5-15 | 8 | SH |

DANCE

Ballet/Tap for Tots \$42

Beginning lessons for ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital. Participants must be toilet trained.

No class: 2/16

Instructor: Dance Arts Academy

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 250.3.201 | M | 1/26-3/22 | 3:30-4:30pm | 3-6 | 8 | SH |

Ballet/Tap \$40

In this joyful combination class of ballet and tap, routines, steps, and ballet positions will be taught. Come shuffle those happy feet and learn some basic tap steps and routines.

Instructor: Dance Arts Academy

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 250.3.202 | M | 1/26-3/22 | 4:30-5:30pm | 7-12 | 8 | SH |

EARLY CHILDHOOD RECREATION

Please read the ECR Policy on page 14.

Tiny Tots \$110

This class will help your child prepare for pre-school and kindergarten. Classes are designed to promote independence, and improve social, cognitive, and movement skills. Activities include crafts, stories, playtime and simple learning concepts. Child must be completely toilet trained and able to attend the class by themselves. No class: 11/11, 11/27

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|------|----------|-----------|-----|------|------|
| 250.3.301 | T/Th | 1/27-3/4 | 10am-12pm | 3-5 | 12 | SH |
| 250.3.302 | T/Th | 1/27-3/4 | 1-3pm | 3-5 | 12 | SH |
| 250.3.303 | T/Th | 3/16-4/1 | 10am-12pm | 3-5 | 6 | SH |
| 250.3.304 | T/Th | 3/16-4/1 | 1-3pm | 3-5 | 6 | SH |

YOUTH PROGRAMS

B "OFF Track" Camp \$50/wk

A camp for children within Franklin McKinley School District. Participants will engage in fun activities that include weekly field trips, arts and crafts, large and small group games, cooking, team building and problem solving activities on a daily basis.

No Camp: 1/19

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|----------|---------|------|------|------|
| 231.3.913 | M-F | 1/5-1/30 | 9am-5pm | 5-12 | 5 | SH |

A "OFF Track" Camp \$50/wk

No Camp: 2/14

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|----------|---------|------|------|------|
| 231.3.914 | M-F | 2/2-2/24 | 9am-5pm | 5-12 | 5 | SH |

C "OFF Track" Camp \$50/wk

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|----------|---------|------|------|------|
| 231.3.916 | M-F | 3/22-4/2 | 9am-5pm | 5-12 | 5 | SH |

D "OFF Track" Camp \$50/wk

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|---------|------|------|------|
| 231.3.915 | M-F | 2/25-3/19 | 9am-5pm | 5-12 | 5 | SH |

Camp AM Care \$21/wk

An early morning camp care for parents on the go. No care: 1/19, 2/14

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|----------|------|------|------|
| 231.3.922 | M-F | 1/5-1/30 | 7:30-9am | 5-12 | 5 | SH |
| 231.3.924 | M-F | 2/2-2/24 | 7:30-9am | 5-12 | 5 | SH |
| 231.3.926 | M-F | 2/25-3/19 | 7:30-9am | 5-12 | 5 | SH |
| 231.3.928 | M-F | 3/22-4/2 | 7:30-9am | 5-12 | 5 | SH |

NOTE: Registration to be taken at Solari for Youth Programs.



YOUTH PROGRAMS

Camp PM Care \$21/wk

A late afternoon camp care for parents on the go.

No care: 1/19, 2/14

Instructor: Braddock

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|----------|------|------|------|
| 231.3.932 | M-F | 1/5-1/30 | 5-6:30pm | 5-12 | 5 | SH |
| 231.3.934 | M-F | 2/2-2/24 | 5-6:30pm | 5-12 | 5 | SH |
| 231.3.936 | M-F | 2/25-3/19 | 5-6:30pm | 5-12 | 5 | SH |
| 231.3.938 | M-F | 3/22-4/2 | 5-6:30pm | 5-12 | 5 | SH |

SPORTS & FITNESS

Kindergymnastics \$42

Designed to teach basic gymnastic skills, including movement exploration, balance and coordination. Parents may attend a 10-minute overview at the first class meeting and a performance at the last class meeting only.

No class: 2/16

Instructor: Dance Arts Academy

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 250.3.501 | M | 1/26-3/22 | 2:30-3:30pm | 3-6 | 8 | SH |

Karate \$55

This class is designed especially for adults. All classes include self-defense and stress the importance of self-confidence and mental discipline. Wear loose and comfortable clothing the first day of class, and check with instructor for more details on clothing requirements.

Instructor: Reyes

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|------|-----------|----------|-----|------|------|
| 250.3.502 | T/Th | 1/27-4/11 | 7-8:30pm | 7+ | 20 | SH |

Martial Arts - Self Defense for Women \$37

This class will teach basic self-defense moves; punching, kicking and striking. A terrific way to develop physical fitness and discipline.

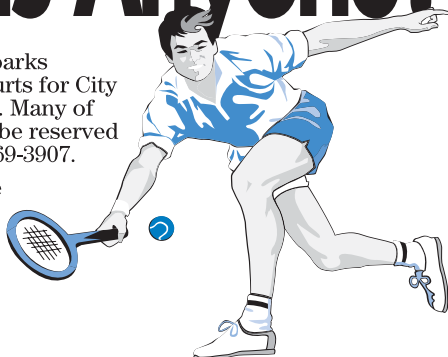
Instructor: Beltran

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|----------|-----|------|------|
| 250.3.503 | Sa | 1/21-3/13 | 10a-12pm | 18+ | 6 | SH |

Tennis Anyone?

Twenty-one City parks include tennis courts for City residents to enjoy. Many of these courts may be reserved by calling (408) 369-3907.

Tennis classes are offered through many City community centers. Check the class listings for times and locations.



SPECIALTY CLASSES

Fun with Food \$52

Learn to make some of your favorite foods.

Instructor: Allen

| Course# | Day | Date | Time | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 250.3.601 | W | 1/28-2/18 | 6:30-7:45pm | 7-12 | 4 | SH |

Fair Youth Center

1702 McLaughlin Ave., San José

Monday – Friday
Youth 12 to 17 yrs.
2:30-7pm

This program is open to teenagers from the ages of 12 to 17 years old. We offer a variety of programs, for example - foosball, ping pong, video games, tournaments, arts and crafts, clubs, field trips, special events and more. For information about our programs, call 408-971-3715.

Youth Activities Grant Fund

The City of San José Department of Parks, Recreation and Neighborhood Services has established a Youth Activities Grant Fund to expand recreational opportunities for disadvantaged youth. This fund allows disadvantaged youth to participate in classes, programs, and activities. By donating to the Youth Activities Grant Fund, you will provide an underprivileged youth opportunities previously unavailable. If you are interested in the program or to learn more about the Youth Scholarship Assistance Program, please contact your nearest PRNS Community Center or other PRNS Facility.



SAN JOSE AFTER SCHOOL

Shirakawa Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-277-3317.

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San Jose.

Level 2: Safe and Accessible After School Programs. Level two sites will offer integrated recreation and literacy and math enrichment programs.

Level 3: Integrated and Comprehensive approach after school programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

| Sites | Level of Program | Time |
|--------------------------------------|------------------------------|-------------|
| Alma Youth Center | Level 2, Homework Assistance | 2:30-5:00pm |
| Andrew Hill High School | Level 1, Homework Assistance | * |
| Franklin Elementary School | Level 3, Comprehensive | 2:30-6:00pm |
| Hellyer Elementary School | Level 3, Comprehensive | 2:30-6:00pm |
| Helzer Court Apartments | Level 1, Homework Assistance | * |
| Hubbard Elementary School | Level 3, Homework Assistance | 2:30-6:00pm |
| Jason Dahl Elementary School | Level 3, Comprehensive | 2:30-5:00pm |
| Jean Meadows Elementary School | Level 3, Comprehensive | 2:30-6:00pm |
| Maranatha Christian Center | Level 1, Homework Assistance | * |
| Resources for Families & Communities | Level 1, Homework Assistance | * |
| Santee Elementary School | Level 3, Homework Assistance | 2:30-6:00pm |
| Stonegate Elementary School | Level 3, Homework Assistance | 2:30-6:00pm |
| The Fair Exchange | Level 3, Homework Assistance | 2:30-6:00pm |
| Windmill Springs Elementary School | Level 3, Homework Assistance | 2:30-6:00pm |
| Yerba Buena High School | Level 1, Homework Assistance | * |

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).

Don't Miss Out!

Register early because a class may be cancelled if it does not meet the minimum enrollment.

Employment Opportunities

Full-time and Part-time opportunities are listed online at jobs.cityofsj.org

IOLA WILLIAMS SENIOR PROGRAM

Iola Williams Senior Program offers a detailed monthly activity guide listing all programs and services and includes the nutrition menu. This guide can be obtained by visiting the center. Please refer to page 8 for additional information regarding citywide aging services offered through the Office on Aging.

Senior Nutrition

Nutrition Reservations

\$2

The Nutrition Program provides tasty and nutritious hot meals for seniors over 60 years of age. This is a great time to socialize with friends and family as well as meet new friends. Lunch is served Monday through Friday at 12pm — please check the detailed monthly activity guide for the daily menu. Each meal provides one-third of the Recommended Daily Allowance for seniors. Occasional workshops are provided on a variety of topics. The suggested donation for seniors 60+ is \$2.00 and the guest fee for individuals under 60 is \$5.00. Lunch cards are available for \$40 and is good for 21 meals — it's like getting one free! The lunch card can be used at any nutrition site and does not expire until all 21 meals have been used. NOTE: Reservations are required. Please call 408-292-6592 at least one day in advance but not more than two weeks.

Advisory Council

Advisory Council is a group of volunteers who are responsible for providing input to the center staff on programs and senior issues. If you have ideas on how to improve programs and services at our center, please join us! The Iola Williams Senior Advisory Council meets monthly on the third Monday of the month at 10am.

Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May.

Senior Services

A variety of Senior Services are available at the Center. Please pick up a detailed monthly activity guide for more information.



Senior Drop-in Activities

Drop-In Card Games

Free

Come in anytime and play an old favorite or learn a new game

Chinese Karaoke

Free

Fridays • 12-2:30pm

Enjoy singing along to your favorite tunes.

Senior Special Events

Martin Luther King Birthday Celebration

January 15

11am-2pm

Chinese New Year Celebration

January 22

11am-2pm

Black History Celebration

February 18

11am-4pm

Spring Fashion Show

March 25

11am-1pm

Anti-discrimination Policy

It is the City of San José's policy to afford all persons equal opportunity by prohibiting discrimination in City's programs against any person on the basis of race, sex, color, age, religion, sexual orientation, actual or perceived gender identity, disability, ethnicity, or national origin. It is the City's policy/goal is to expand opportunities for people with disabilities to participate in City services, programs and facilities.

Parks, Recreation and Neighborhood Services Vision

*Communities of People
connected by
Play, Hope & Joy in Life.*

